

NEW JERSEY'S
QUICK STEPS
to
“FRUITS
&
VEGETABLES
GALORE”

School Food Service Program
INSTRUCTOR'S GUIDE



***This program has been made possible through a USDA
Team Nutrition Grant.***

QUICK STEPS
to
Fruits & Vegetables Galore And Dairy Too!
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Date:_____

SIGN-IN FORM

County:_____

Quick Steps to Fruits/Veg & Dairy Too!

[illegible]

Training Day

Introduction:

Briefly introduce yourself, your background and current professional occupation.

Ask each participant to give their name, school district, school they work at and job title.

Also ask each person to answer the following question:

Are children eating fruits and vegetables in your school or district?

If your answer is “No”, also answer the following question:

Why do you think children are not selecting fruits and vegetables?

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The New Jersey Team Nutrition Project wishes to thank the following individuals and organizations for their contributions to the completion of this training manual.

We would like to acknowledge the USDA for providing us with the “Fruits & Vegetables Galore” toolkit. Our “Quick Steps...” program was designed based on utilization of these kits. The first section of our trainings reviews the components of this kit and strategies to incorporate this resource into school foodservice operations.

A thank you to the following organizations for their handouts and information, which enhanced our instructional sessions:

- American Dairy Association
- Mid-Atlantic Dairy Association
 - Dole Five-A-Day
 - New Jersey Five-A-Day
- U.S. Food & Drug Administration
- Wakefern Food Corporation/Shop Rite

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ACTIVITIES:

FRESH PRODUCE STORAGE CONSIDERATIONS

(Factors Affecting Fresh Produce Shelf-Life At The Operator Level)

Rank The Following Factors In Order Of Importance To Produce Shelf-Life At The Restaurant/Foodservice Operation Level (1=most important, 6=least important).

- | | | |
|-----------------------|----------------------|---------------------------------------|
| <u>4</u> Ethylene Gas | <u>1</u> Temperature | <u>5</u> Humidity |
| <u>3</u> Time | <u>2</u> Handling | <u>6</u> Modified Atmosphere Packages |

TEMPERATURE	ETHYLENE	HUMIDITY
<ol style="list-style-type: none"> 1. Keep products as close to proper temperature as possible. 2. Avoid <u>chill</u> damage of tomatoes, snap beans, avocados, bananas, cucumbers, squash, pineapples. 3. Utilize temperature variation throughout your cold box. 4. Avoid freeze damage of all fresh produce items. 5. Serve fresh fruit at room temp. for better flavor/taste. 	<ol style="list-style-type: none"> 1. Reduce effects of ethylene: <ol style="list-style-type: none"> a. Watch ethylene producers slotting/mixing in cold box b. Cold temperatures c. Good air movement d. Ethylene absorbants/filters 2. Primary ethylene producers: apples, avocados, bananas, melons, tomatoes, peaches, pears, passion fruit, papayas. 3. Ethylene sensitive products: Iceberg & European lettuces, broccoli, carrots, cucumbers, parsley, leafy greens. 	<ol style="list-style-type: none"> 1. Keep cold box cold to reduce water loss associated with humidity. 2. Use paper covers to reduce moisture loss when appropriate. 3. Be careful with tupperware containers that are completely sealed because they may increase humidity & ethylene. 4. Add a little crushed ice to products such as bulk broccoli and green onions in very hot summer months.

TIME	HANDLING	MODIFIED ATMOSPHERE PACKS
<ol style="list-style-type: none"> 1. Time includes transit time to your operation for products held at improper temperatures. 2. Develop menu schedules that use higher respiration rate products, that are more perishable, closer to delivery dates. 3. First in - first out rotation is good 90% of the time - <u>check quality</u>. 4. Minimize time products are left out of refrig. after prepping. 	<ol style="list-style-type: none"> 1. Move product into appropriate cold box slot ASAP on delivery. 2. Keep all products off of floor for sanitation & good cold air flow all the way around the product. 3. Keep products in their shipping carton whenever possible. 4. Don't drop products, even potatoes will bruise easily. 5. Be careful not to stack heavy products on others. 	<ol style="list-style-type: none"> 1. <u>Must</u> keep pre-cut products at appropriate temperature range. 2. Do not take pre-cut bags out of boxes and store on shelves. 3. Re-washing or rinsing pre-cut product is optional. Most products are ready to eat. <u>Check the carton/bag label.</u> 4. Most pre-cut products are 100% natural, no preservatives or additives are used. Check the carton/bag labels.

ACTIVITIES:

Produce Cooler Plan-O-Gram

The diagram illustrates the layout of a produce cooler. It features a central rectangular area divided into three horizontal sections. The top section is labeled 'Front of Cooler' and contains a list of produce items in green text. The middle section is labeled 'Back of Cooler' and contains a list of produce items in red text. The bottom section is labeled 'Dry Storage' and contains a list of produce items in purple text. Each list is followed by several blank lines for additional entries.

Front of Cooler

- Cucumbers
- Lemons
- Melons
- Oranges, Calif.
- Potatoes
- Squash, Summer
-
-
-
-

Back of Cooler

- Apples
- Broccoli
- Cabbage
- Carrots
- Celery
- Grapes
- Lettuce, Iceberg
- Peaches
- Pears, Ripe
-
-

Dry Storage

- Bananas
- Sweet Potatoes
- Tomatoes, Green
-
-
-
-

ACTIVITIES:

Walk-In Cooler Box Design Project

Instructor: Indicate that even though on page 118, Appendix 4, the manual has “Ripe Tomatoes” listed under the Ideal Storage Temperature of 40°- 50° you would **recommend never refrigerating tomatoes** as they lose their flavor once refrigerated. Potatoes and Onions can be placed in refrigerator or dry storage. Emphasize that they should store Apples, Peaches, Pears & Tomatoes in their original box with the lid because they are both Ethylene Producers & Ethylene Sensitive.

Instructions: Using the *Quality Food for Quality Meals Manual* refer to “Appendix 4 - Ideal Storage Temperatures”, page 118, and the lists on page 13, “Ethylene Producers & Ethylene Sensitive” to answer the following questions:

- 1- Place the following produce in the best temperature zone of the cooler (front or back) or in the dry storage area.

(Write in Answers on “Produce Cooler Plan-O-Gram”)

Apples	Lettuce, Iceberg
Bananas	Melons
Broccoli	Oranges, California
Cabbage	Peaches
Carrots	Pears, Ripe
Celery	Potatoes
Cucumbers	Squash, Summer
Grapes	Sweet Potatoes
Lemons	Tomatoes, Green

- 2- Which items in the front of the cooler need to be kept separate from other produce because they are “High Ethylene Producers”?

Melons

- 3- Which items in the back of the cooler need to be kept separate from other produce because they are “High Ethylene Producers”?

Apples, Peaches, Pears

- 4- Which items in your dry storage need to be kept separate from other produce because they are “High Ethylene Producers”?

Bananas, Tomatoes

ACTIVITIES:

A- Customer Service --- Role Playing

Hannah/Food Service Director:

("Happy" Hannah; Her philosophy --- Nothing is ever too much trouble to do for her customers)

Tillie, I'd like to offer the students & Teachers more fruits & vegetables, so I'm thinking about introducing a new promo featuring a "Fruit & Vegetable of the Month". What do you think of this idea? I thought we could also try out some new special salads for the teachers.

Tillie/ Middle School Manager:

("Two Face" Tillie --- Need I say more!)

I think it's great!

Hannah:

I will share with you my ideas tomorrow. We will start it next month. I have asked the Principal if we can meet with a group of students to discuss the promotion with them and have them give us their ideas. I really want to get the kids involved to build excitement. Maybe we can hold some special contests? I want the kids to have fun while eating healthy fruits & vegetables! Are you O.K. with that?

Tillie:

Sure, I'm Ready!!!

(Director/Hannah leaves & Tillie goes to her cook, Billy, with the news.)

Tillie:

Do you believe it!!

Billy:

("Billy Big Mouth" --- The gossipier of the group)

Believe What?

Tillie:

Hannah wants me to start a new promotion --- "Fruit & Vegetable of the Month"!

These kids won't eat fruits & vegetables!

They won't appreciate any special we do with those healthy foods.

I know it'll be a waste of my time and energy! All they want is their "Pizza, Nuggets and FRIES"!!

Billy:

What about those teachers --- they just always complain about paying too much money!! They ought to make what we do!! Why should we do

anything SPECIAL for them?? We're here for the kids! Who cares about those teachers!

(Billy begins to whisper around the kitchen to let everyone know about this upcoming promo and how it's going to be so much more work)

Tillie:

What a waste of time! She even wants me to meet with those kids to get their ideas --- I don't have time to do that! And, guess what --- you and the rest of the staff are going to have to try new recipes each month with the featured fruit & vegetable!

Billy:

You got to be kidding me! We have enough work to do around here! All they want is MORE, MORE, MORE!

Tillie:

That's not my job anyway! I'm Not a "Public Relations" person!

QUESTIONS to Ask the Group:

✓ **Do you think this promotion will work?**

Possible Answers:

- No, the Manager sets the tone and leads the spirit of her kitchen and staff.*
- No, a poor attitude will show on the faces of the staff and will affect their customer service.*

✓ **Why won't it work?**

Possible Answers:

- Because the staff will not try to make it work; their hearts are not in it.*
- The staff will not encourage the kids to try the fruits & vegetables because they don't want this promo to be successful.*

✓ **How could Tillie, the Manager, have changed her approach to this promotion to make it a success?**

Possible Answers:

- Tillie could have set up a staff meeting & enthusiastically introduced the promo.*
- Tillie could have met with her staff and discussed the growing concerns about childhood obesity. She could have explained that she wanted to try a new approach to encourage kids to eat healthy foods. Then she could have asked them for their ideas on ways to improve their marketing & presentation of fruits & vegetables. She could have gotten them involved in planning a promo.*
- Tillie could have indicated to her staff that she wanted them to look good in the eyes of parents & the community. She wants to show them that their department cares about the future health & well being of the children.*
- Tillie could have gone to Billy with a positive message so that her big mouth would spread the news to the staff about an exciting new promotion.*

ACTIVITIES:

B- New Food -- Can You Guess What's in the Bag??

-Fill "Fruit & Vegetable Guessing Bag" with an unusual fruit or vegetable that could be used in their school lunch programs and can also be taste tested.

Examples: jicama, star fruit, sweet potatoes, dried cranberries, squash, cantaloupe, sugar snap peas, apricots, cauliflower, mushrooms, red peppers...

-Point out the following lists located in the *Meal Appeal* manual that can be used as a reference in selecting an item:

- ✓ "Fruits & Vegetables by Color Category" on page 46
- ✓ "Seasonal Fruits and Vegetables" pg. 50
- ✓ "Fruit and Vegetable Sources of Vitamins" pg. 43

-Place paper or streamers in bag, a sufficient amount to hide the product.

-Pass around the bag and let participants feel inside. Do not let them try to guess what produce is inside until everyone has had an opportunity to reach in the bag. Then ask them to guess what it is. Have samples cut up so they can also taste the fruit or vegetable.

-Ask them if they had fun doing this exercise, if it generated excitement and sparked their curiosity. Ask the group if they think it would be an idea they could use when meeting with students to discuss adding new or different fruits & vegetables to their school lunch and/or breakfast programs.

ACTIVITIES:

C- Fruit & Vegetable of the Month

Review the “Quick Steps to Fruits & Vegetables Galore” binder.

-Binder contains a fruit & vegetable for them to promote each month.
The following items are included for each specific fruit or vegetable:

- ✓ **Fact Sheet**
- ✓ **Fun Facts**
- ✓ **School Food Service Link**
 - Recipes
 - Marketing Ideas
 - Promotion Ideas
 - Safety, Quality & Presentation Tips (*located in star shapes*)

-As a result of this training we will ask them at the end of the class to commit to implementing the “Quick Steps Fruit & Vegetable of the Month”

-Explain to them that this is a great tool for staff training on fruits & vegetables. Each month they can take 10-15 minutes to review the fruit & vegetable of the month. It will be important that they highlight the Safety, Quality & Presentation stars on the School Food Service Link. These tips are all taken from the ***Fruit & Vegetables Galore Kit***.

-Next ask the participants to plan one month’s menu promotion using the ***Quick Steps to Fruits & Vegetables Galore Binder*** they have received at the workshop. Use the “Annual Marketing Calendar: Healthy School Meals” pages 52-56 in the *Meal Appeal* manual.

-Let them work in small groups of 4 or 5 people.

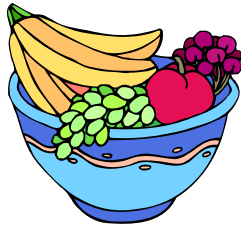
-Give them 10 or 15 minutes to do this project.

-Tell them to select a leader who will report their promotional ideas back to the entire class.

-At the end of the 10 minutes have each group report their exciting program to the entire class.

FRUITS & VEGETABLES

of the



Month



<i>MONTH</i>	<i>FRUIT</i>	<i>VEGETABLE</i>
September:	Cantaloupe	Red Bell Pepper
October:	Apples	Yellow Squash
November:	Pineapple	Carrots
December:	Clementines	Broccoli
January:	Dried Cranberries	Cauliflower
February:	Pink/Red Grapefruit	Sweet Potatoes
March:	Kiwi	Chickpeas
April:	Apricots	Sugar Snap Peas
May:	Bananas	Spinach
June:	Blueberries	Cucumbers

ACTIVITIES:

Fruit & Vegetable of the Month Promos

<u>MONTH/ DATES:</u> <i>(Remember Holidays!)</i>	<u>FRUIT/ VEG:</u>	<u>MENU:</u> <i>(Recipes, Frt. & Veg. Bar, Topping Bar,...)</i>	<u>ADVERTISING:</u> <i>(Printed: Fliers, Menu, Newspaper, Newsletter...)</i>	<u>ADVERTISING:</u> <i>(Groups: Students- Teachers -Caf. Staff Mtgs., Parents...)</i>	<u>MERCHANDISING:</u> <i>(Decorations, Staff Attire, ...)</i>	<u>CONTESTS:</u> <i>(Guess # of Swt. Pot. In Pile, Trivia,...)</i>	<u>PRIZES/ INCENTIVES:</u> <i>(Water Bottles, Stickers, T-Shirts, Seedies,...)</i>

HANDOUTS:

TIPS FOR SEASONING VEGETABLES

Vegetables can be made more appealing by using herbs, spices and other suggestions. Seasoning vegetables with herbs and spices reduces the need for added salt. Try the suggestions below to enhance the natural flavor of vegetables.

USE	TO SEASON
Allspice	Winter Squash, Sweet Potatoes
Basil	Cabbage, Carrots, Green Peas, Spinach, Tomatoes
Caraway	Beets, Cabbage, Cauliflower, Green Beans, Wax Beans, Zucchini
Cardamom	Winter Squash, Sweet Potatoes
Celery Seed	Cabbage, Carrots, Cauliflower, Celery, Sauerkraut, Tomatoes
Chili Powder	Corn, Tomatoes
Cinnamon	Beets, Carrots, Sweet Potatoes, Onions, Tomatoes
Curry	Cabbage, Celery, Lima Beans
Dill Seed	Beets, Cabbage, Carrots, Cauliflower, Celery, Green Beans, Green Peas, Wax Beans
Garlic Powder	Green Leafy Vegetables, Tomatoes
Lemon Juice	Green Leafy Vegetables, Broccoli, Cauliflower
Mace	Cauliflower
Marjoram	Broccoli, Carrots, Cauliflower, Green Peas, Spinach, Zucchini
Mint	Carrots, Green Peas, Spinach
Mustard Seed	Cabbage
Nutmeg	Celery, Spinach, Winter Squash
Onion Powder	Cabbage, Green Beans
Oregano	Green Peas, Tomatoes, Zucchini
Parsley	Tomatoes, Corn
Rosemary	Cauliflower, Spinach, Turnips
Sage	Green Beans, Onions, Tomatoes, Wax Beans
Tarragon	Cauliflower
Thyme	Carrots, Celery

HANDOUTS:

SALT SUBSTITUTE RECIPES

Instead of offering salt on your cafeteria tables, try different spice blends as a substitute for salt in the salt shakers. A few spice blend combination ideas are listed below. Combine all ingredients in amounts listed and blend thoroughly. Put in salt shakers. If the ingredients stick together, add a few grains of uncooked rice. Many salt-free seasoning blends are also available commercially.

Spicy Flavor Blend	Herbed Seasoning Blend
2 Tbs. Savory, crushed 1 Tbs. Powdered Mustard 2 1/2 tsp. Onion Powder 1 1/2 tsp. Curry Powder 1 1/4 tsp. Ground Cumin 1/2 tsp. Garlic Powder	2 Tbs. Dillweed or Basil Leaves, crushed 2 Tbs. Onion Powder 1 tsp. Oregano Leaves, crushed 1 tsp. Celery Seed 1/4 tsp. Grated Lemon Peel (dried) Dash Black Pepper
All Purpose Spice Blend	Seasonings for All Seasons
5 tsp. Onion Powder 2 1/2 tsp. Garlic Powder 2 1/2 tsp. Paprika 2 1/2 tsp. Powdered Mustard 1 1/4 tsp. Thyme Leaves, crushed 1/2 tsp. White Pepper 1/4 tsp. Celery Seed	1 tsp. Basil 1 tsp. Marjoram 1 tsp. Thyme Leaves, crushed 1 tsp. Oregano Leaves, crushed

HANDOUTS:

😊 HOT PRESENTATION TIPS 😊

Note: High Quality Foods Can Be Ruined Through Improper Handling & Preparation.

***BATCH COOKING**

- Cooking and Preparation of Food Should Occur Throughout All Lunches.
- Food Should Not Be Cooked Early in the Morning for All Meal Periods.
- Food Should Be as Fresh as Possible Before Each Scheduled Lunch Period.

***HOT FOOD HOT! COLD FOOD COLD!**

- Hot Food Should Always Be Merchandised & Stored In, or Under, Heated Equipment.
- Serve One Customer at a Time!

(Do Not Pre-Plate Food Ahead of Time & Let it Sit on Top of Serving Area Waiting for Customers; Food Becomes Cold. Your Students Do Not Want First Meals That You Have Portioned as They Fear These Will be Cold. The First Meals Become Colder & Colder as They Get Pushed Forward on the Line.)

- Cold Food Should Be Displayed In, or Stored In, Refrigerated or Iced Units.

***SMALL PANS**

- Present Food in Small 4" or 2" pans. Refill Pans as Needed.
(This Strategy Keeps Food as Fresh as Possible & Retains Quality of Food. Food is Visible; Not Lost & Out of Sight.)
- Clean Edges of Pans on Serving Lines Frequently. Serving Lines for All Lunch Periods Should Look Like You Just Opened Up for Service.

***COLD SANDWICHES**

- Wrap, Open Face, with Lettuce --- More Eye Appealing
(Easier to Identify; Customers Can Select Their Preferred Variety with Ease)

***FRUIT**

- Display Fresh Fruit in Wire or Wicker Baskets
- Place Cupped or Pre-Portioned Fruit & Dessert on Colorful Sheet Pans or Trays
- Alternate Rows of Cupped Fruit & Desserts Based on Color for a Visual, Eye-Appealing Effect
- Display "Help Your Self" Chilled Fruit in Decorative or Colored Bowls ---- Not Stainless!

***** **INSTRUCTOR DEMO:** Show ½ of a fresh apple & ½ of a fresh orange in soufflé cup; Colorful & orange protects apple from turning brown

***SALAD BAR**

- Be Sure Crocks are Full so Food is Visible & Eye Appealing.
- Use Smaller Crocks if Necessary.

***GRAB 'N' GO OR EXPRESS SALADS**

- Clump Individual Components ----- Highlights Color Vibrance & Emphasizes Contrast of Colors.
- Display in Plastic Containers (Examples: Chicken Caesar Salad, Spinach, Shrimp Popper, Garden, Fruit 'N' Yogurt...)

***** **INSTRUCTOR DEMO:** Show difference of chopped carrots and tomatoes in piles vs. if they were simply sprinkled on a salad.

HANDOUTS:

MYSTERY DINER

DATE: _____

FEATURED MENU: _____

FOOD:

- | | | |
|--|-------------------------------------|------------------------------------|
| 1- Are the foods on the serving line attractively presented? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 2- Does the food taste good? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 3- Are there enough food choices to satisfy all customers? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 4- Are quality, name brands advertised? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 5- Are there enough of each choice for all lunch/meal periods? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 6- Are there any healthy lunch choices?
(Lower in fat, sodium, cholesterol...) | YES <input type="checkbox"/> | NO <input type="checkbox"/> |

FOODSERVICE STAFF:

- | | | |
|---|-------------------------------------|------------------------------------|
| 7- Are servers and cashiers polite? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 8- Do servers and cashiers greet you with a Smile? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 9- Does the foodservice staff answer your questions? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 10- Is the staff dressed like a team? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 11-Is the staff appearance clean? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |

ATMOSPHERE:

**12-Is the eating area cheerful
and upbeat?** YES ☐ NO ☐

**13-Are the dining room tables clean
for all lunches?** YES ☐ NO ☐

**14-Are the areas in front of the
serving lines clean?** YES ☐ NO ☐

15-Are promotional days offered? YES ☐ NO ☐

16-Are students disciplined excessively? YES ☐ NO ☐

OTHER:

**17-Are prices fair for the amount
of food served?** YES ☐ NO ☐

18-Are lunch lines long? YES ☐ NO ☐

19-Do lines move quickly? YES ☐ NO ☐

20-Is there enough time to eat? YES ☐ NO ☐

COMMENTS:

HANDOUTS:

MERCHANDISING TIPS

WOW your customers by making your School Restaurant a fun and exciting place to visit. These extra-added touches will also make your food, especially fruits and vegetables ----- look and even taste better!

***GREENERY---GARLAND/ Kale**

Add to Salad Bars, Deli Bars & Cold Display Units for Sandwiches, Fruits or Salads
Use Runners (Floral & Ivy) ----- Easier to Position in Display Units

***BASKETS**

- Wire is In! More Sanitary!
- Great for Merchandising Napkins, Fresh Fruit, Straws, Snacks, Utensils,....

***DECORATIVE TRAYS (Sheet Pans)**

- Add Color & * WOW * to Your Serving Lines
- Coordinate with Your Specific Color Scheme or School Colors

***DECORATIVE PRINTS---PICTURES---POSTERS**

- Use Bright, Colorful Food Pictures
- Match Specific Food Stations with Pictures
- Add Protection & Professionalism to Posters ----- Use Frames or Protectors
- Use Heavy Duty Velcro, Double Faced Tape,... to Mount
(*Never Tape Items on Outside!*)

******* INSTRUCTOR DEMO:**

Show "Sense-ational Food" poster from book, framed.

HANDOUTS:

Pre-Cut vs. Bulk

Carrot Sticks Pre-Cut

Approx. \$1.75/lb.
7.5 - ½ cup servings/lb.
.23 cents per serving

.23 cents

Bulk Carrots

Approx. .55 cents/lb.
5 - ½ cup servings/lb.
.11 cents per serving
.10 cents Labor (see below*)

.21 cents per serving

Vs.

*Labor:

\$10/hour

\$ 1/hour (10% taxes)

\$ 9/hour (Health Insurance; Based on cost of
\$10,000/yr. for a 6hr./day employee)

\$20/hour

Productivity: 100 ½ cup carrot stick portions in 30 minutes

\$10 divided by 100 = .10 cents per portion for labor

NOTE: *You will need to insert your produce prices, labor rates and productivity to determine actual costs for your specific school operation. You then can evaluate the pros & cons of purchasing pre-cut produce.*

Variety!

Offer Less Expensive Produce with More Costly Items!

Offer Small Portions of More Expensive Items, Such as a ¼ cup.

Example:

- **Bulk Carrots cut into Sticks at \$.55/lb.**

Yield: 10 each ¼ cup servings/lb.

Cost: .055 cents per ¼ cup (not including labor)

- **Pre-cut Broccoli Florets at \$2.00/lb.**

Yield: 28 each ¼ cup servings/lb.

Cost: .07 cents per ¼ cup

- **Serve ¼ cup of Carrots & a ¼ cup of Broccoli Together in ½ cup Soufflé Container**
.125 cents per serving

NOTE: All yields taken from *USDA Food Buying Guide for Child Nutrition Programs*, 11/01

HANDOUTS:



RED

BELL PEPPERS

Fact Sheet

Where did they come from?

In 1492, Columbus and his explorers discovered sweet and hot peppers in the West Indies. He took samples back to Europe. Peppers quickly became popular in Europe as a food, spice and condiment. Twenty years later in 1512, travelers found bell pepper varieties growing throughout the West Indies, Central America, Mexico, Peru and Chili. Peppers were named by Christopher Columbus and Spanish explorers who were searching for peppercorn plants that produce black pepper.

Where do they grow?

California and Florida produce most of the sweet bell peppers for the United States. Other states that grow them are Texas, New Jersey and North Carolina. They are also produced in Mexico, Dominican Republic, Belgium and the Netherlands. They are available year round, but are more plentiful and less expensive in the summer.

How do they grow?

Pepper plants begin from seeds. The seeds grow into a plant about 3 to 4 feet high. Peppers are actually the fruit which form on the plants after it flowers. If green bell peppers are left on the plant long enough, they will mature and turn from green to red. The sugar content increases as a pepper matures. The red pepper therefore, tends to be sweeter than the green. Sweet bell peppers can be found in a rainbow of colors such as orange, yellow, purple and brown.

Are they healthy?

🖐 Great source of vitamin C

🖐 Contain three times as much vitamin C as the green pepper

How do you pick a good one?

- | | |
|--------------------------|------------------------|
| 🖐 Firm skin; No wrinkles | 🖐 Fresh, green stem |
| 🖐 Shiny, bright color | 🖐 Heavy for their size |

☺ FUN FACTS! ☺

RED BELL PEPPERS

Did you know...

- ☺ Did you know a red bell pepper tastes sweet?
- ☺ Did you know that a sweet red pepper is simply a mature green bell pepper?
- ☺ Did you know that sweet bell peppers come in a rainbow of colors? They come in green, red, yellow, purple and even brown.
- ☺ Did you know that by weight, a sweet red bell pepper contains three times as much vitamin C as a citrus fruit such as an orange?
One serving, about 5 strips, provides 100 percent of your daily requirement of vitamin C!
- ☺ Did you know that peppers can get a suntan?
A suntanned pepper is a green pepper with red spots.

Remember ...
Include 5 - 9 servings of fruits and vegetables per day!



School Food Service Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...

Listed below are suggestions which you may choose at your own discretion

RECIPES:

- ✓ Try a new recipe with red peppers ---
Fresh Tomato Pizza Salad (attached)
Mexicali Corn USDA #I-12 (substitute red peppers for pimento)
Marinated Black Bean Salad USDA # E-21
- ✓ Offer pizza with toppings of red and green peppers
- ✓ Offer raw carrots, celery and red pepper strips with low fat dip
- ✓ Add cooked red and green peppers to hot sandwiches
(Examples: Cheesesteak Sandwich with Peppers, Sausage & Pepper Sub)
- ✓ Add red and green diced peppers to potatoes wedges for breakfast or lunch

Presentation
Meal Appeal ----- Contrast Colors
Add Red Peppers to:
Corn, Pasta Salads, Potato Salad
& Tossed Salads

MARKETING:

- ✓ Hang up posters from your "Fruits & Vegetables Galore" Kit
*Sense-ational Food; Eat Your Colors Every Day/Tuba Player;
Eat Your Colors Today; Enjoy Fruits & Vegetables!*
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

Quality:
Choose Firm,
Bright Colored,
Heavy Peppers

PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day
Give this menu a special name (*Example: Power Up with Peppers!*)
- ✓ Feature "Red Day" on the day that you offer red peppers on your menu
 - ✓ Encourage the entire school to get involved
 - ✓ Reward students with a small prize if they are wearing red
- ✓ Turn your salad bar into a self-serve fruit and vegetable bar once/week or once/month
 - ✓ Select produce in season
 - ✓ Utilize commodity frozen and canned fruits and vegetables and dried fruits
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) pages 16-31

Safety:
Wash Produce
Before Use!

School Food Service Link.....



School Food Service



FRESH TOMATO PIZZA SALAD

Yield: 100 each 1 cup portions

1 serving = 1 ounce protein & $\frac{3}{4}$ cup vegetable

Ingredients:

Tomatoes, Fresh	17 pounds
Iceberg Lettuce, Chunked	13 pounds
Green & Red Bell Peppers, Diced	6 $\frac{1}{2}$ pounds
Mozzarella Cheese, Shredded	5 pounds
Pepperoni, Sliced	2 $\frac{1}{2}$ pounds
Ripe Olives	1 pound
Italian Dressing (Low Fat), Prepared	5 $\frac{1}{2}$ cups
Croutons, Garlic, Seasoned or Cheese	3 $\frac{1}{4}$ pounds

Directions:

1-Use ripe tomatoes held at room temperature. Core tomatoes; Cut into one-inch chunks.

2-Place tomatoes in large bowl with lettuce, peppers, cheese, pepperoni & olives.

3-Immediately before serving, toss salad with dressing.

4-Toss croutons with salad or top individual salad cups or offer "help yourself" style croutons.

HANDOUTS:



Yellow Summer Squash



Fact Sheet

Where did they come from?

For more than 5000 years, squash has been a staple for the Native Americans and was a mainstay for early European settlers in America. During the nineteenth century, merchant seamen brought new varieties of squash from other parts of the world to America. New England colonists gave this vegetable its name from several Native American words, of which all meant “something eaten raw”. Today squash is available in numerous shapes, sizes and colors, such as white, yellow, orange, green-brown, gray and even striped!

Where do they grow?

Squash is grown in many states including North Carolina, Kentucky, California, Florida and New Jersey. Florida is the leading state for squash production in the country and New Jersey is nationally ranked the 4th. Seventy percent (70%) of squash is grown in southern counties such as Gloucester, Cumberland, Salem and Atlantic. Other New Jersey counties that grow squash include Burlington, Monmouth, Hunterdon, Morris, Sussex and Warren Counties. Squash is available all year round.

How do they grow?

Yellow summer squash seeds are planted in rows, which are spaced 5 to 6 feet apart. The plant is low to the ground with large leaves. The squash actually grows from the plant's flower. Farmers will place honeybee hives on the squash field edges to promote pollination and help the squash plants to grow. The summer squash is hand harvested in the field and brought into packing barns where it is washed and cleaned of all dirt. Summer squash is handled carefully when grown because they can easily become scratched or bruised.

Are they healthy?

- 👉 Contains high amounts of vitamins A and C
- 👉 Naturally fat, cholesterol and sodium free
- 👉 Skin is packed with nutrients --- Do not peel!

How do you pick a good one?

- 👉 Firm and fairly heavy for their size 👉 Bright, glossy exterior
- 👉 Small to medium size; Approximately 7 inches long
- 👉 Avoid squash with nicks, scratches or soft spots on their skin

☺ FUN FACTS! ☺

Yellow Summer Squash

Did you know...

- ☺ Did you know squash is one of the most important vegetable crops in New Jersey?
- ☺ Did you know that summer squash has a soft edible shell or skin and winter squash has a hard shell or skin?
- ☺ Did you know that squash comes in two different varieties ---summer and winter?
- ☺ Did you know that yellow squash is available with a crooked neck and with a straight neck? Their names --- “Yellow Crookneck” and “Yellow Straightneck”.
- ☺ Did you know the skin and rind of summer squash are rich in beta-carotene but the fleshy portion is not? Eat the entire squash for a healthy diet.
- ☺ Did you know there is a squash that can be prepared like spaghetti, taste like spaghetti and actually is called “Spaghetti Squash”?
- ☺ Did you know there is a squash that has the name of an animal, “Chayote” (pronounce like coyote)?
- ☺ Did you know that different varieties of squash can be interchanged in recipes because they have similar texture and flavor?
- ☺ Did you know that pumpkins are a variety of winter squash?
- ☺ Did you know there is a squash that looks like a flying saucer? It is white and called “Pattypan”.
- ☺ Did you know there is a squash that looks like a large acorn? It is green and is called an “Acorn Squash”.

Remember ...

Include 5 - 9 servings of fruits and vegetables per day!



School Food Service Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...

Listed below are suggestions which you may choose at your own discretion

RECIPES:

- ✓ Try a new recipe with yellow squash ---
 - Ranch Veggies (attached)
 - Italian Salad with Balsamic Vinaigrette Dressing (attached)
 - Zucchini and Yellow Squash Ratatouille (attached)
 - Vegetable Lasagna USDA #D-50
(substitute yellow squash for half the amount specified for zucchini)
- ✓ Offer a squash combo; yellow and green with seasonings
(add red peppers for color)
- ✓ Offer raw yellow squash and zucchini strips or circles with low fat dip
- ✓ Serve cold slices on salad bar, with premade salads or as a side vegetable
- ✓ Offer sautéed squash as a vegetable topping for pizza
- ✓ Fill a soft tortilla or 7" pizza dough with cooked or roasted squash, peppers and tomatoes ---
Create a Vegetable Calzone or Wrap *(add mozzarella cheese for the meat/meat alternate)*

Presentation

Meal Appeal ----- Color

Proper cooking ensures
bright, crisp colors!

Batch cook vegetables
Cook before each lunch

MARKETING:

- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit *(Meal Appeal Manual)* page 9

Quality:

Choose
Firm, Medium Size,
Smooth Skinned
Yellow or Green
Squash

PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day;
Give this menu a special name *(Example: Soar with Squash!)*
- ✓ "Guess the Squash Name" --- Display different squash varieties; Have students guess the correct name; Pick a winner during each lunch; Award students a prize
- ✓ Feature "Yellow Day" on the day that you offer yellow squash on your menu
 - ✓ Encourage the entire school to get involved
 - ✓ Reward students with a small prize if they are wearing yellow
- ✓ Turn your salad bar into a self-serve fruit and vegetable bar once/week or once/month
 - ✓ Select produce in season
 - ✓ Utilize commodity frozen and canned fruits and vegetables and dried fruits
- ✓ Refer to "Fruits & Vegetables Galore" Kit *(Meal Appeal Manual)* pages 16-31

Safety:

Be sure
delivery trucks
are clean!



School Food Service Link.....



School Food Service Recipes



ZUCCHINI & YELLOW SQUASH RATATOUILLE

R E C I P E

Yield: 200 each 4 oz. servings

Recipe from: FLAV-R-PAC

MEASURE	INGREDIENTS
11 lbs.	Eggplant, cut into 1" squares
2 ¾ cups	Olive oil
5 ½ lbs.	Yellow onion, sliced
¾ cup	Minced garlic
11 lbs.	FLAV-R-PAC Sliced Zucchini, frozen
11 lbs.	FLAV-R-PAC Sliced Yellow Squash, frozen
5 ½ lbs.	Tomatoes, quartered, seeded
4 lbs.	Red pepper, cut into chunks
½ cup	Italian seasonings
7 lbs.	Mozzarella cheese, shredded

DIRECTIONS:

1. To prepare eggplant: place in colander; sprinkle with salt and let drain for 30 minutes; rinse.
2. In a large stock pot; heat oil with onions, garlic and eggplant; sauté 10 to 15 minutes until cooked.
3. Add zucchini and yellow squash; cook 8 to 10 minutes until heated through and all the water is evaporated.
4. Add tomatoes, peppers and seasonings. Distribute ratatouille in steam table pans and sprinkle with cheese. Bake at 400°F uncovered for 20 minutes.

NUTRITION ANALYSIS PER SERVING:

Calories	185	Total Fat	11 g
Protein	10 g	Cholesterol	18 mg
Carbohydrates	10 g	Sodium	170 mg
Dietary Fiber	2 g	Cal. from Fat	55%

RANCH VEGGIES Yield: Approx. 28 Servings (½ cup each)

- ✓ Combine 1 packet dry ranch dressing (½ cup) & ½ cup vegetable oil
- ✓ Toss with 8 pounds of frozen or fresh yellow squash, zucchini & red peppers*
- ✓ Bake at 350° (convection oven) for approx. 25 minutes; Stir while baking to blend flavors

***Note:** Any vegetable combination can be substituted

ITALIAN SALAD with Balsamic Vinaigrette Yield: Approx. 24 Servings (½ cup each)

- 1 doz. Tomatoes, Diced
- 3 ea. Zucchini, Sliced Thin
- 6 ea. Yellow Squash, Sliced Thin

Combine vegetables with ¾ cups lite or low fat balsamic vinaigrette dressing; Refrigerate
Add basil for extra flavor

Sample Fruit & Vegetable Pilot --- Classroom & Home Link

Available in the future for all schools!



Classroom Link.....

Quick Steps to increasing your students' knowledge of Yellow Summer Squash ...

Highlighted items are included in the packet but must be duplicated unless otherwise indicated.

- ✓ Distribute **Crayon Shaped Erasers** and remind students to color their plates with an assortment of fruits and vegetables
(Sufficient quantities to give one to each child)
- ✓ Review “**Fact Sheet**” and “**Fun Facts**”
- ✓ Have students color “**There’s a RAINBOW on My Plate**”
- ✓ Have students find the 14 hidden fruit and vegetable words in the handout “**Eat More Vegetables and Fruits**”
- ✓ Review the “**Eat 5 Fruits and Vegetables a Day**” brochure
(Sufficient quantities for each child to take one home to their parents/guardians)
- ✓ Take a trip to a Farm Market.
- ✓ Display different varieties and colors of squash; Review the names of the different squash
- ✓ Show the difference between summer squash and winter squash varieties
- ✓ Have students research how many different kinds of squash there are, summer and/or winter varieties
- ✓ Have students check out educational web sites for kids
- ✓ Check out fruit and vegetable websites and resources to help you promote pilot



Home Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at home ...

Highlighted items are included in the packet but must be duplicated unless otherwise indicated.

- ✓ Send home the “**Eat 5 Fruits and Vegetables a Day**”
(Sufficient quantities for each child to take one home to their parents/guardians)
- ✓ Encourage the “**Supermarket Sleuths**” as a family activity
- ✓ **Kids’ Kitchen Recipes** and “**Make A Vegetable Insect**”
- ✓ **Recipes for Home**



Classroom Link.....

There's a **RAINBOW** on My Plate





Classroom Link.....

Eat More Vegetables and Fruits



Vegetables and fruits are delicious and nutritious. Many are rich in vitamins and minerals. Most are naturally low in fat and are good sources of fiber. Can you find these 14 hidden fruits and vegetables?

Find: squash, apple, yams, orange, celery, banana, broccoli, pear, peas, grapes, eggplant, kiwi, carrots, and prunes. The words can read up, down, or across from left to right or right to left!

B	F	S	E	S	E	N	U	R	P
R	C	Q	L	S	R	P	E	A	R
O	H	U	P	B	A	N	A	N	A
C	P	A	P	Y	R	E	L	E	C
C	S	S	A	Y	A	M	S	T	E
O	A	H	E	G	N	A	R	O	K
L	E	C	A	R	R	O	T	S	I
I	P	G	R	A	P	E	S	K	W
B	E	G	G	P	L	A	N	T	I



See page 17 for answers



Classroom Link.....

ANSWERS

to

“Eat More Vegetables and Fruits”

Hidden Words



B	F	S	E	S	E	N	U	R	P
R	C	Q	L	S	R	P	E	A	R
O	H	U	P	B	A	N	A	N	A
C	P	A	P	Y	R	E	L	E	C
C	S	S	A	Y	A	M	S	T	E
O	A	H	E	G	N	A	R	O	K
L	E	C	A	R	R	O	T	S	I
I	P	G	R	A	P	E	S	K	W
B	E	G	G	P	L	A	N	T	I



Home Link.....



Home Activities



SUPERMARKET SLEUTHS



Children are more willing to try new foods when they help to select them. Therefore, a trip to the supermarket is an excellent opportunity to expand the variety of foods your child is willing to eat, as well as an opportunity to learn more about choosing foods for a healthy diet.

Wanted! New Vegetables

Ask your child to choose one or two new foods from the vegetable group for the family to try. You can decide on these new foods at home or wait to see what you find at the store. Have your child select a new vegetable each time you go to the supermarket in October.

Connecting the Clues

While you are at the store, encourage your child to look for connections and make comparisons.

- ✓ Can the same food be found in different forms in the store? For example --- vegetables can be purchased fresh, in cans, frozen, or as ingredients in soup. Ask if your child can find examples of the new vegetable, which they have chosen, in various forms.
- ✓ Challenge your child to come up with a list of "clues" about his/her specific vegetables. Then you can try to guess what they are.



Additional Fun Home Activities



Off to the Market

Fall is a great time of year to take a trip to a farm stand, local farmers' market or farm. Try new varieties of squash, cook or decorate a pumpkin. Go apple picking at a farm. Try different varieties of apples.

Tip --- Healthy Food on a Budget

If you go to a farmers' market this month, the early bird gets the freshest food. But if you go late in the day, in the late afternoon, you may get some real bargains. The farmers would rather sell their fruits and vegetables than have to truck them back home!



Home Link.....



KIDS' KITCHEN



Yellow Summer Squash

How to Cut and Slice Squash:

- 1-Rinse but do not peel
- 2-Secure the squash on a cutting board
- 3-Trim off ends
- 4-Slice squash in to round pieces or strips

Fun Ways to Eat:

- 👉 Raw sticks or circles with dip
- 👉 Marinated and grilled
- 👉 In a soft tortilla or wrap
- 👉 “Squash Cake”--- Grate and substitute for carrots in carrot cake
- 👉 As a pizza topping
- 👉 Stuffed --- “Squash Boat”
- 👉 Added with tomatoes to cooked rice or pasta

Fun Kids' Recipes:

(Note to Parents/Guardians: All recipe preparation should be supervised by an adult. Safety in the kitchen is very important!)

The following recipes are attached and include summer squash as an ingredient:

- 👉 Super Grilled Veggie Wraps
- 👉 Squash or Zucchini Wrap



Home Link.....



KIDS' KITCHEN



Super Grilled Veggie Wraps

Hand-held veggie stuffed wrap sandwiches are another great way to get your 5 A Day! This wrap is filled with cream cheese and a variety of sweet caramelized vegetables. If you can't find whole wheat tortillas, use flour tortillas. You won't get as much fiber, but you'll still get great flavor!

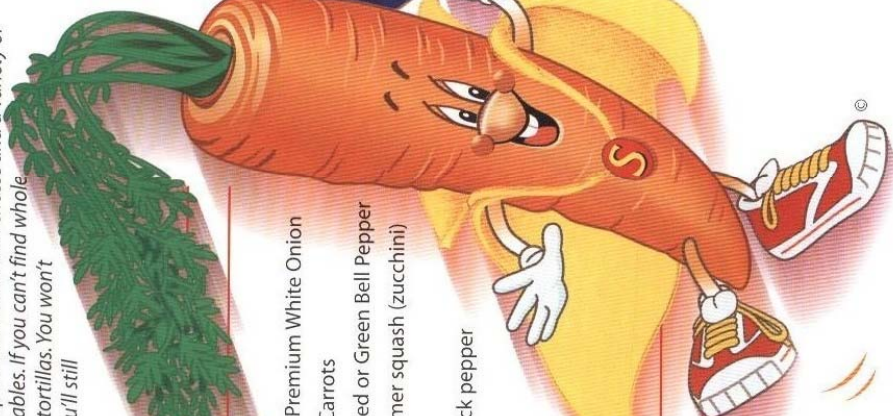
Makes 4 servings

Ingredients:

- 2 teaspoons olive oil
- ½ cup chopped DOLE® Premium White Onion
- ½ cup shredded DOLE Carrots
- ½ cup chopped DOLE Red or Green Bell Pepper
- 1½ cups chopped summer squash (zucchini)
- 1 cup DOLE Spinach
- ¼ teaspoon ground black pepper
- 4 tablespoons fat free cream cheese
- 4 (7-inch) whole wheat tortillas

You will need:

- Cutting board
- Knife
- Measuring cups and spoons
- Skilllet or sauté pan
- Spatula

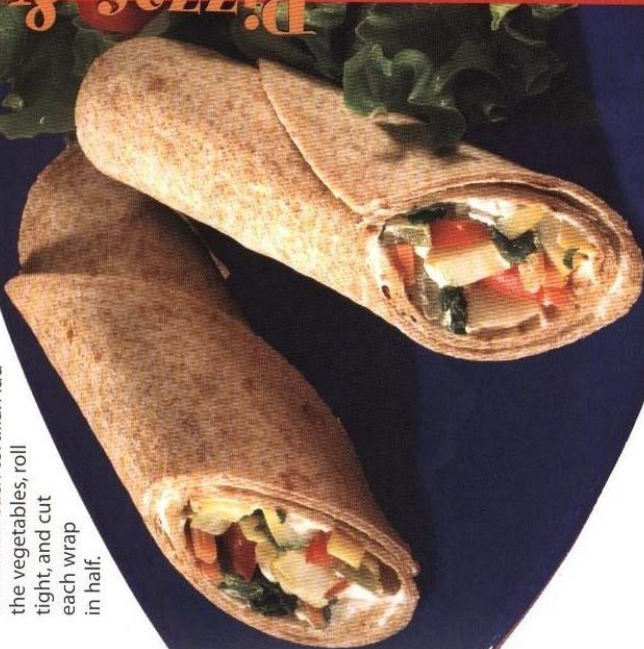


**Reprinted from Dole's
"5 A Day Kids Cookbook"**

Pizzas & Wraps

Here's how:

- 1 Heat oil in skillet over medium heat. Add onion, carrots and bell pepper and cook for three minutes. Stir in the summer squash and cook another three minutes. Add spinach and season with pepper. Remove from heat and allow to cool before assembling the wraps.
- 2 Spread one tablespoon of cream cheese on each tortilla. Add the vegetables, roll tight, and cut each wrap in half.



Nutrition Information (per serving)

Makes 4 servings. Each wrap provides 1 - 5 A Day serving of vegetables.

Calories	200	Dietary Fiber	5 grams
Total Fat	6 grams	Protein	9 grams
Saturated Fat	1 gram	Vitamin A	2531 International Units
Cholesterol	1 milligram	Vitamin C	22 milligrams
Sodium	256 milligrams	Calcium	97 milligrams
Potassium	395 milligrams	Iron	3 milligrams
Total Carbohydrate	30 grams	Folate	87 micrograms

This recipe is approved and provides vegetables in the following color groups:





Home Link.....

SQUASH or ZUCCHINI WRAP

Note: Substitute 1 Yellow Squash for 1 Zucchini



KIDS' KITCHEN



5 A DAY AND ZUCCHINI

KIDS ACTIVITY SHEET

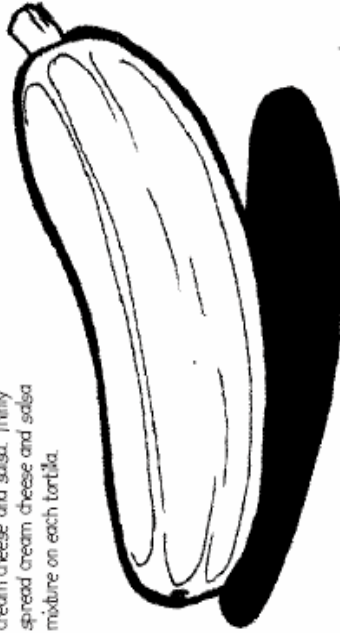
Try this fun & easy recipe

ZUCCHINI WRAP

- 2 zucchini, cut into strips
- 2 carrots, peeled and cut into strips
- 4 large white mushrooms, chopped
- 4 green onions, thinly sliced
- 1/2 cup fat-free cream cheese
- 1/4 cup salsa
- 4 fat-free flour tortillas
- toothpicks

With the help of an adult, combine zucchini, carrots, mushrooms, and green onions. In a small bowl, combine cream cheese and salsa. Thinly spread cream cheese and salsa mixture on each tortilla.

Place chopped vegetable mixture evenly across center of each tortilla. Roll up tortilla, trapping ingredients tightly inside to form a tight tube. When finished rolling, slice each tube into 1-inch sections and secure with toothpick to serve or eat sandwich style. Makes 4 servings. This is an official 5 A Day recipe.



Produce for Better Health[™]
Foundation

302 235 ADAY



WHAT IS A SERVING?

A 5 A DAY SERVING SIZE IS SMALLER THAN YOU THINK.

1 medium-size fruit = 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice

1/2 cup of fresh, frozen, or canned fruit (in 100 percent juice) or vegetables

1 cup of raw leafy vegetables = 1/2 cup of cooked dry peas or beans = 1/4 cup of dried fruit

MAKE A VEGETABLE INSECT!

You will need: variety of large and small vegetables, toothpicks, and cream cheese

Use your imagination to create a vegetable insect. Use large vegetables – zucchini, potato, bell pepper, or squash – for body.

Use smaller vegetables –

cherry tomatoes, beans,

carrots, spinach, corn kernels,

onion, or celery – for legs, wings,

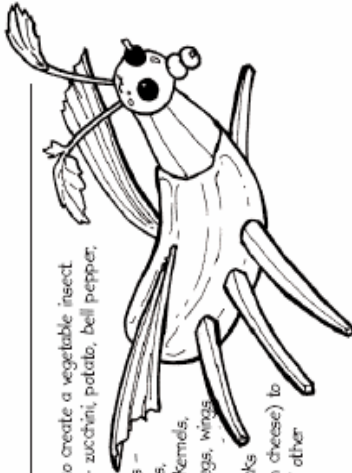
head, body parts, and

antennae. Use toothpicks

or “edible glue” (cream cheese) to

attach legs, wings, and other

body parts to body.



Eat 5 or more servings of fruits and vegetables
a day for better health

**FOR MORE FUN FOR KIDS,
GO TO WWW.5ADAY.COM**



Home Link.....



Home Recipes



**Your child/children will be testing
Yellow Summer Squash in October
Try a new recipe!**



new jersey department of agriculture



Herbed Vegetable Combo



Serves 4

2 Tbsp. of water

¼ cup chopped onion

1 cup zucchini squash, sliced thin ½ tsp. garlic powder

1- ¼ cups yellow squash, sliced thin 1 medium Jersey tomato, cut into 8 wedges

¼ cup celery, cut into 2 inch strips ½ cup green pepper, cut in 2 inch strips

Heat water in large frying pan. Add squash, green pepper, celery, and onion. Cover and cook over moderate heat until vegetables are tender-crisp (about 4 minutes). Sprinkle seasonings over vegetables. Top with tomato wedges. Cover and cook over low heat until tomato wedges are just heated (about 2 minutes).

Nut'l analysis per serving: Calories, 25; Cholesterol, 0 mg; Sodium, 11 mg; Fat, Trace.

Tomato, Squash and Onion Casserole

From: USDA/Team Nutrition; "Food Family & Fun..."

1 Tbsp olive oil

2 tsp minced garlic

3 small onions, sliced

1 tsp salt

1/2 tsp freshly-ground pepper

1 Tbsp each fresh thyme, oregano and basil (or 1 tsp each, dried)

1 medium zucchini, washed, cut into thin slices (about 1/2 pound)

1 medium yellow squash, washed, cut into thin slices (about 1/2 pound)

6 fresh plum tomatoes, cut into medium slices

Preheat oven to 400 F.

1. **Saute** onions and garlic in 1 Tbsp oil over medium heat, until onions are tender and browned. **Place** in oven-proof dish and **season** with half the salt, pepper and herbs.

2. **Arrange** zucchini on top of onions, then place a layer of yellow squash next with a layer of tomatoes. **Sprinkle** with rest of herbs, salt, and pepper.

3. **Bake**, covered, for 25-30 minutes at 400 F

Serves 8 each 1 cup servings

Nutrients per 1 cup serving

Calories	56	Saturated Fat	0.3 g	Iron	1.1 mg
Protein	2 g	Cholesterol	0 mg	Calcium	31 mg
Carbohydrate	9 g	Vitamin A	80 RE	Sodium	301 mg
Total Fat	2.2 g	Vitamin C	25 mg	Dietary Fiber	3 g

HANDOUTS:



FRUIT & VEGETABLE RESOURCES



- ✓ Produce Marketing Association www.pma.com
- ✓ United Fresh Fruit & Vegetable Association www.uffva.org
- ✓ American Cancer Society www.cancer.org
- ✓ American Heart Association www.americanheart.org
- ✓ Washington State Apple Commission www.bestapples.com
www.bestapples.com/kids/color.html
- ✓ Cranberry Marketing Committee www.uscranberries.com
- ✓ Florida Citrus www.floridajuice.com
- ✓ North Carolina Sweet Potato Commission, Inc.
www.ncsweetpotatoes.com
- ✓ California Kiwifruit Commission www.kiwifruit.org
- ✓ California Apricot Producers www.apricotproducers.com
- ✓ Dole Food Service
www.dolefoodservice.com/foodservice/bananas.html
- ✓ Leafy Greens Council www.leafy-greens.org
- ✓ North American Blueberry Council www.blueberry.org

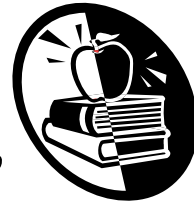
EDUCATIONAL PROGRAMS: (Fees charged)

- ✓ "Food Play" www.foodplay.com
- ✓ 5-A-Day Magic Show - Brian Richards/Phone: 856-753-4599
- ✓ The National Theater **HANDOUTS:** nationaltheatre.com
Phone: 612-341-0882



FRUIT & VEGETABLE

WEB SITES



➤ **TEAM NUTRITION:**

www.fns.usda.gov/tn

➤ **EDUCATIONAL SITES for KIDS:**

<http://kidshealth.org>

www.heathfinder.gov/kids

<http://kidnetic.com>

www.bam.gov

<http://www.cdc.gov/verb>

www.ars.usda.gov/is/kids/index.html

www.freshdelmonte.com/content.cfm?pageid=74

www.dole5aday.com/kids/k_index.jsp

www.fandvforme.com.au

➤ **FIVE-A-DAY:**

www.5aday.org

www.dole5aday.com

www.aboutproduce.com

<http://cancercontrol.cancer.gov/5aday>

www.5aday.gov/media-posters.shtml

➤ **RECIPES:**

<http://www.state.nj.us/jerseyfresh/recipes>

www.5aday.gov

<http://www.cdc.gov/nccdphp/dnpa/5aday/recipes/index.htm>

www.dole5aday.com

MILK/DAIRY OUTLINE:

✓ **“Milk 201” handout**

- Review Lessons 1-3

✓ **“New Look of School Milk”**

- Highlight *Successful School Milk Formula*; pg. 2

✓ **“Vended Milk... It’s On Everybody’s Lips”**

- Highlight *School Vending Test*
(Insert in actual handout; pg.2)
- Highlight *Vended Milk Passes the Health Test*
(Back of insert in actual handout; pg.3)

NOTE: *Many schools may be interested in milk vending since the recent passing of New Jersey’s “Model Nutrition Policy” places constraints on a la carte beverage varieties.*

New Jersey’s “Model Nutrition Policy”:

-All food and **beverage items listing sugar, in any form, as the first ingredient** may not be served, sold or given out as free promotion anywhere on school property at anytime before the end of the school day.

-All beverages shall not exceed 12 ounces, with the following exceptions:

- Water.
- Milk containing 2% or less fat.

-In elementary schools:

- 100% of all beverages offered shall be milk, water or 100% fruit or vegetable juices.

-In middle and high schools:

- At least 60% of all beverages offered, other than milk and water, shall be 100% fruit or vegetable juices.

MILK/DAIRY HANDOUT



Dairy Council



Mid-Atlantic Dairy Association Phone: 215-627-8800

Atlantic; Burlington; Camden; Cape May; Cumberland; Gloucester; Mercer; Salem

American Dairy Association Phone: 570-894-1594

All Other New Jersey Counties

Supporting a Healthy School Environment!

Interested in any of the following items??

Contact the phone numbers listed above.

✓ School Milk Vending Start-Up Grants ---
\$1,000

✓ ReCharge!

Energizing After School Program ---

Focuses on Nutrition & Fitness

✓ Nutrition Curriculum Program ---
2nd & 4th Grades

✓ Breakfast Resources ---

FREE Milk Transporters & Parent Brochures

✓ Visit www.dairyspot.com ---

Information available on school nutrition and the dairy council's nutrition education catalog. Receive \$8.00 of Free materials with your first order!

Instructions:

Quick Steps to Fruits & Vegetables Galore & Dairy Too **School Data Form**

- ✓ Ask participants to complete this form and fax it to Janet Renk. Fax number is listed at the top of the form.
- ✓ Numbers should be reported for individual school; not for entire district.
- ✓ This form must be completed in order to receive the “Star Challenge Award”.
- ✓ Give them 2 weeks to complete this form; be sure to give them a specific date!

NJ School Wellness **★STAR CHALLENGE★**

“Food Service Making a Difference”

- ✓ Participants will receive 2 copies of this form in their “Quick Steps to Fruits & Vegetables Galore” manual.
- ✓ They should complete both on the day of their training. Instructor receives one and director/manager/unit leader should keep one for their files.
- ✓ Remind them to complete the name of their “Produce Supplier” at top of form. We may be contacting suppliers to support our efforts in “The Fruit & Vegetable of the Month”, by asking them to offer specials on featured produce.
- ✓ Explain that they will receive a follow-up survey in May. The survey will outline what they need to complete for the “Star Challenge”.
- ✓ If they complete the survey and achieve all their goals they will receive a “Star” certificate and a special pin. A letter will also be sent to their Superintendent highlighting their “star” achievements and their special efforts to improve the health & well being of their student customers.
- ✓ Alert attendees that the New Jersey Department of Agriculture/Division of Food & Nutrition may be offering additional awards and in order to apply for these, they will first have had to fulfill the “Star Challenge” goals.

Quick Steps to Fruits & Vegetables Galore & Dairy Too

School Data Form

Numbers Should be Reported by Individual School; Not by District

PLEASE PRINT OR TYPE ALL INFORMATION REQUESTED

Fax To: 609-984-0878 Attn: Janet Renk

School District:	County:												
District Food Service Director:	District Director's Phone #: ()												
School Food Service Fax #: ()	School Food Service E-Mail:												
Name of School:	School Grade Levels:												
Address:													
Food Service Manager/Lead Person:	Manager's/Lead's Phone #: ()												
Meals Offered: <input type="checkbox"/> School Breakfast <input type="checkbox"/> Natl. School Lunch <input type="checkbox"/> After School Snack Program													
School's ADA (<i>Average Daily Attendance</i>) from October 2005 Voucher: _____													
From October 2005 Reimbursement Voucher, Meal Applications on File: _____ Free _____ Reduced													
Indicate Week You are Reporting Information: (<i>Check one</i>) <input type="checkbox"/> Oct. 3-7 <input type="checkbox"/> Oct. 10-14 <input type="checkbox"/> Oct. 17-21 <input type="checkbox"/> Oct. 24-28													
Number of Servings of Fruit Used for Week You are Reporting Information: (<i>Report information from your food production records, "# of portions used" column. Include all fruit used for reimbursable lunch meals and a la carte.</i>) _____ # of servings of fruit for entire week													
Number of Servings of Vegetables Used During Reporting Week: (<i>Report information from your food production records, "# of portions used" column. Include all vegetables used for reimbursable lunch meals and a la carte.</i>) _____ # of servings of vegetables for entire week													
Number of ½ pints of Milk Used for Week You are Reporting Information: (<i>Report information from your milk order sheets. Include all milk used for reimbursable meals both breakfast and lunch, a la carte and vending</i>) <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">_____ # of ½ pints low fat white (1% & 2%)</td> <td style="width: 50%;">_____ # of ½ pints skim</td> </tr> <tr> <td>_____ # of ½ pints whole white</td> <td>_____ # of ½ pints low fat choc.</td> </tr> <tr> <td>_____ # of ½ pints low fat strawberry</td> <td></td> </tr> <tr> <td>_____ # of other milk Indicate size: _____</td> <td>Variety: _____</td> </tr> <tr> <td>_____ # of other milk Indicate size: _____</td> <td>Variety: _____</td> </tr> <tr> <td>_____ # of other milk Indicate size: _____</td> <td>Variety: _____</td> </tr> </table>		_____ # of ½ pints low fat white (1% & 2%)	_____ # of ½ pints skim	_____ # of ½ pints whole white	_____ # of ½ pints low fat choc.	_____ # of ½ pints low fat strawberry		_____ # of other milk Indicate size: _____	Variety: _____	_____ # of other milk Indicate size: _____	Variety: _____	_____ # of other milk Indicate size: _____	Variety: _____
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NJ School Wellness
★STAR CHALLENGE★
“Food Service Making a Difference”

School Name: _____

Manager Name: _____

Phone #: (____) _____ **Fax:** (____) _____

E-Mail: _____

Produce Supplier: _____

Goal for Completion: MAY 31, 2006

GOAL 1:

I pledge to feature a “Fruit & Vegetable of the Month” beginning _____. Following my five month completion, I will submit copies of my menus highlighting the fruits and vegetables that were featured and any other supporting information such as promotions, classroom handouts, marketing strategies...

GOAL 2:

Increase fruit consumption, showing that more fruit is being consumed in comparison to data reported for October 2005. Complete a data form for a week in May 2006.

GOAL 3:

Increase vegetable consumption, showing that more vegetables are being consumed in comparison to data reported for October 2005. Complete a data form for a week in May 2006.

GOAL 4:

Increase milk consumption, showing that more milk is being consumed in comparison to data reported for October 2005. Complete a data form for a week in May 2006.

I will complete “School Data Form” and a follow-up survey to verify my achievements.

Signature: _____

Date: _____